

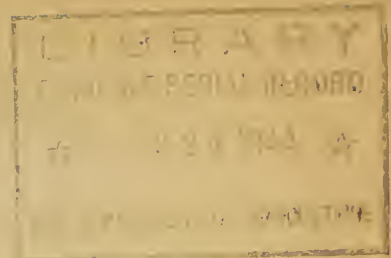
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June 1944

WAR FOOD ADMINISTRATION
Office of Distribution
Civilian Food Requirements Branch

Industrial Nutrition Service



A Better Staff of Life

Times have changed, and so has food. Never has there been so great a change as in a loaf of white bread.

The War Food Order No. 1 requires that every loaf of white bread sold in this country be enriched. Bread that feeds our men over the seven seas and on the European battlefronts is enriched with vitamins and iron. The enriched bread baked in Army field stations is carried on mule back or on the backs of soldiers when necessary to reach advanced bases. It is the best white bread that has ever been available to so many of our people. The science of nutrition has shown the importance of food that contains adequate vitamins and minerals in maintaining health and strength, and has made enrichment possible.

A Revolutionary Change

All white bread and rolls must contain added vitamin B¹ (thiamin), vitamin B² (riboflavin), niacin, and iron in significant quantities, according to War Food Order No. 1 (Jan. 1943 as amended May 1).

Enriched flour is available now in all parts of the country. You should watch labels, though, as there is no existing Federal order requiring enrichment of all family flour or of bakery products other than bread and rolls. Enrichment of flour means more food value for about the same price. The difference in cost between 25 pounds of enriched and unenriched flour is the price of a postage stamp for a letter -- 3 cents.

Some other products are also affected by enrichment. If you read the labels on the cereal products you find on the grocers' shelves you will see how widespread is this revolutionary change which has brought enrichment to cereal products. There are enriched pancake, biscuit, and cake mixes, as well as breakfast cereals. Some brands of macaroni, spaghetti, and noodles are being made from enriched flour.

Enrichment has made the foods in Group 6 on the Basic 7 food chart provide better nutrition with little additional cost. It has restored some of the food values formerly lost through milling refinement processes.

What This Means to You

What does enrichment mean to you? Take bread for instance: If you eat enriched white bread to the tune of six slices a day, as the average worker does, you get 23 percent of your daily vitamin B¹ needs (as recommended by the Food and Nutrition Board of the National Research Council).

Six slices of unenriched white bread provide only 6 percent of the vitamin B¹ needs. In addition to vitamin B¹, so necessary to health, you also get significant quantities of the essential vitamins B² (riboflavin) and niacin and iron in six slices of enriched white bread.

Loss Through Toasting

If you eat your bread toasted, however, it loses about 1/5 of its vitamin B¹ value. This is true for all kinds of bread -- even the 100 percent whole-wheat bread.

Eat It Up--Use It Up

Bread tops the list of the foods we waste. When each of us wastes only one slice of bread a week, that means 2 million loaves of bread are wasted in a week.

There are many ways to use stale bread that will add variety to vegetables, meat dishes, and desserts. Here are a few bread-using tips:

1. Use bread in dressings to extend meat dishes.
2. Add toasted bread cubes to stewed tomatoes.
3. Keep bread crumbs on hand for breading croquettes, cutlets, and fish.
A paper bag attached to the nose of the food grinder with a rubber band keeps the crumbs under control.
4. Use bread for "hasty-pastry" cups. After removing crusts, fit stale bread, spread with butter or margarine, into muffin pans. Brown in oven until the edges of the bread curl up. Fill these cups with creamed vegetables, chicken, or fish.

Plentiful Supply

Since breads and cereals play an important part in our diet, it is encouraging to note that the War Food Administration lists them as foods in plentiful supply this month.

New Adventures in Eating

There are other ways that bread, rolls, pancakes, and pastries are being enriched today. Soy is not new to the Chinese, but the addition of soya flour and grits to many of America's favorite dishes is providing us with a new adventure in eating. The label-reader will find many products available today that have more food value through the addition of soya flour or grits. These products include bread, pancake and doughnut mixes, sweet rolls, crackers, cakes, macaroni, and noodle soup mix. Soy provides a high quality protein and addition of soy improves the quality of wheat protein. Soy also provides some iron, calcium, B¹ and B² vitamins and niacin.

When launching on this new adventure of enriching home-baked products with the use of soya flour, try replacing 2 tablespoons of wheat flour with 2 tablespoons of soya flour in recipes that call for 1 cup of flour. A lower temperature or shorter baking period is another tip for the soya-flour user to remember, as soya flour browns more readily than wheat flour. Publications available from the Office of Information, USDA, Washington 25, D. C., or the regional offices of CD, War Food Administration, with suggestions and recipes for the use of soybeans and soya products include: Soybeans and Soybean Products as Food (MP 534) and Cooking with Soya Flour and Grits (AWI-73). Soybeans for the Table (Leaflet 166) may be had from the Superintendent of Documents, Washington 25, D. C., for 5 cents a copy.

To The Workers in Industrial Food Services

Some suggestions for the use of soya products are:

1. Use soya flakes or grits as meat extenders to add body and flavor, maintain moisture, increase volume, and decrease waste. Soak grits 5 minutes in equal amount of hot water before mixing with meat.
2. Extend flavor and food value of gravies by using soya flour. It has less tendency to lump, but less thickening quality than wheat flour.
3. Provide nutlike flavor in desserts such as cookies or apply betty by using soya grits. When used in this way the soya grits do not require soaking.
4. Mix soya flour with enriched white flour for bread-making and general use. It is recommended that 3 pounds of soya flour be used to each 24 pounds of enriched white flour. This mixture may be used in any recipe calling for ordinary flour. The soya protein keeps baked goods fresh longer. When high-fat soya flour is used, a richer product results. Pie crust made with a combination of soya flour and enriched flour is tender and golden brown.
5. Additional large quantity recipes, and information and prices of various soya flours, flakes, and grits may be obtained from soya processors. A list of these companies is available from the regional offices of OD, War Food Administration.

SOYA MUFFINS

<u>Ingredients</u>	<u>Measure</u>	<u>Weight</u>
Shortening		1 pound, 8 ounces
Sugar		" " " "
Eggs	12	
Flour, enriched		4 pounds, 8 ounces
Soya flour		1 pound, " "
Baking powder		7 $\frac{1}{2}$ ounces
Salt		1 ounce
Milk	3 quarts	

Yield: 9 dozen muffins.

Method:

1. Cream shortening and sugar; add slightly beaten eggs and blend thoroughly.
2. Sift dry ingredients together twice.
3. Add dry ingredients to the fat mixture.
4. Add liquid all at once and mix only until the flour mixture is dampened.
5. Dip with No. 16 automatic scoop and sprinkle top of muffins with a few soya grits.
6. Bake at 400° F. for 20 minutes.

SOYBEAN FLAKE-MEAT LOAF

<u>Ingredients</u>	<u>Measure</u>	<u>Weight</u>
Beef, raw, ground		18 pounds
Salt pork, ground		3 "
Soya flakes, toasted		2 " 6 ounces
Boiling water	4 $\frac{1}{4}$ quarts	
Onions, minced		12 ounces
Salt		4 "
Pepper	1 $\frac{1}{2}$ tablespoons	
Celery salt	3 $\frac{1}{2}$ "	
Worcestershire sauce	1 cup	
Chili sauce or catsup	3 $\frac{1}{2}$ cups	
Water	3 $\frac{1}{2}$ "	
<u>Yield:</u> 96 to 112 servings, i.e., 8 loaves cut into 12 or 14 slices each.		

Method:

1. Pour boiling water over soya flakes and let stand 25 minutes.
2. Combine all ingredients, mixing thoroughly.
3. Scale 4 pounds of meat into each well-oiled pullman bread pan and pack well into carriers.
4. Bake at 350° F. for about 1 hour.
5. Let stand in a warm place for 20 to 30 minutes before slicing.

SOYA GRIT COOKIES

<u>Ingredients</u>	<u>Measure</u>	<u>Weight</u>
Sugar, granulated		1 pound
Molasses	1 cup	
Shortening, melted	2 cups	
Eggs	4	
Milk		8 ounces
Cinnamon	4 teaspoons	
Cloves	2 "	
Soda	2 "	
Enriched flour, general purpose		1 pound, 10 ounces
Soya flakes or grits	1 quart	
Boiling water	1 "	
<u>Yield:</u> 16 dozen small cookies, serving 2 cookies.		

Method:

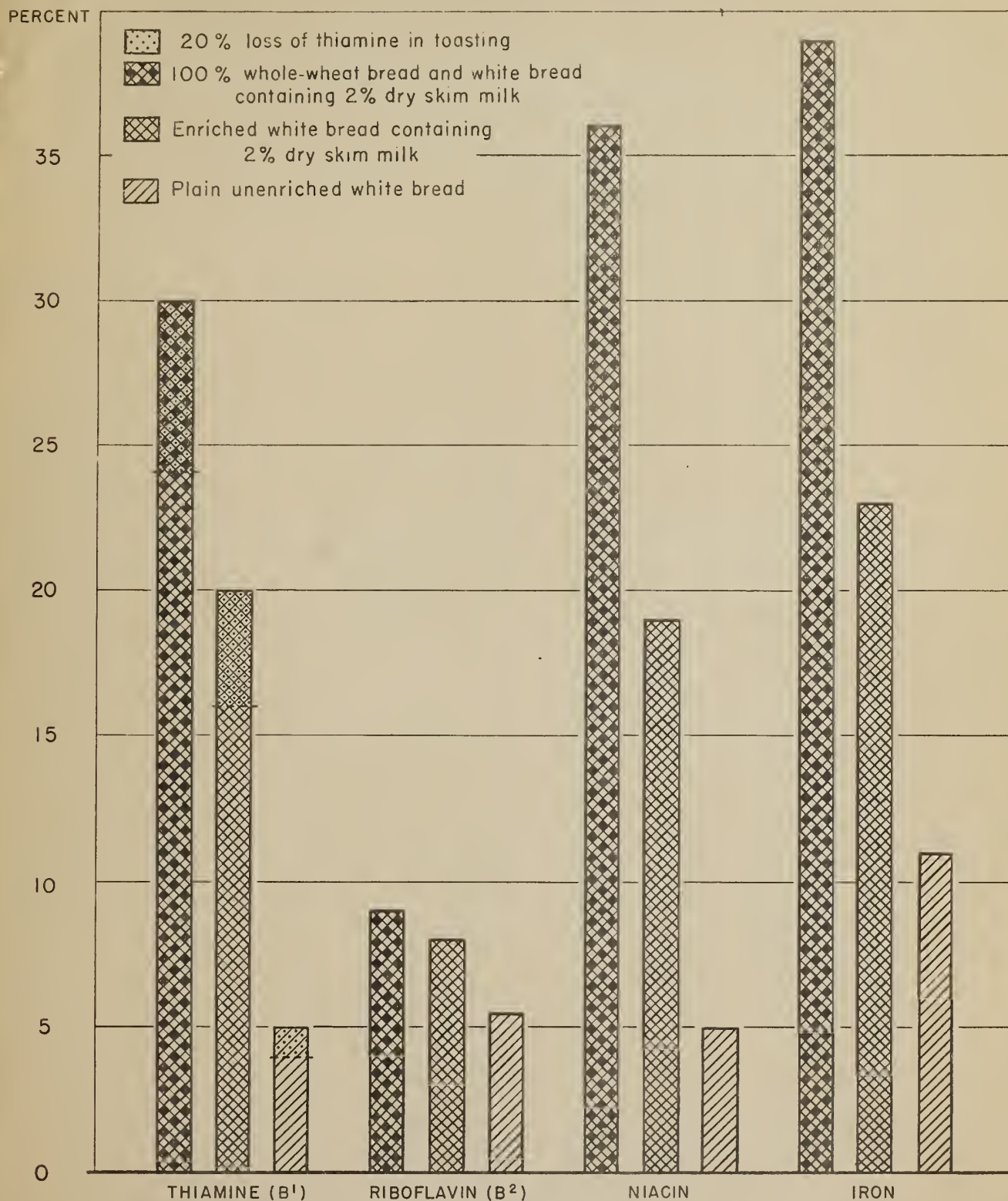
1. Soak the soya grits in the boiling water for about 25 minutes.
2. Sift the flour, spices, and baking soda together twice.
3. Mix together the sugar, molasses, melted shortening, slightly beaten eggs, milk, and soaked soya grits to blend.
4. Add the flour mixture to the sugar mixture and mix until well blended.
5. Drop on lightly oiled baking sheets about 1-inch apart.
6. Bake at 400° F. until lightly browned.

*Recipes used by permission of New York State Emergency Food Commission.

Attachment

R-511

PERCENTAGE OF N.R.C. RECOMMENDED DAILY ALLOWANCE
OF THIAMINE, RIBOFLAVIN, NIACIN, AND IRON,
PROVIDED BY 6 SLICES OF BREAD *



*NATIONAL RESEARCH COUNCIL RECOMMENDED DAILY ALLOWANCE FOR A MODERATELY ACTIVE MAN:
THIAMINE 1.8 MG.M., RIBOFLAVIN 2.7 MG.M., NIACIN 18 MG.M., AND IRON 12 MG.M.
VITAMIN VALUES FOR WHOLE-WHEAT AND ENRICHED WHITE BREAD OBTAINED FROM N.R.C.
TABLES OF FOOD COMPOSITION, REVISED EDITION, MARCH 1, 1944.

